

New Providence Senior Citizens Newsletter

"Good things happen here!"

JULY 2023

Vol. 23. No. 7



COORDINATOR'S CORNER

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken." – James Dent

I hope you all enjoy many wonderful days this summer, including time with Club friends here at the Center. We have lots going on, and we hope to see you soon! Please see below for highlights, and the following pages for details on our July activities and programs.

Highlights of July Programs and Activities include:

- Club Meeting/Birthdays/July 4-themed Trivia – Wed, 7/5, 11am
- Patriots Baseball Game Trip – Fri, 7/7, 6pm
- Club Meeting/NP Library Services and Programs – Wed, 7/12, 11am
- Airport Café Trip – Thurs, 7/13, 12pm (rain date 7/20)
- Senior Bus transportation to NP Summer Concerts - 7/13 and 7/20
- Club Meeting/Travel Presentation about Italy – Wed, 7/19, 11am
- Card Making with NP Lions – Wed, 7/19, 12pm
- Club Meeting/Special Bingo and Pizza Lunch provided by Unicity – Wed, 7/26, 11am
- Ice Cream Social – Thurs, 7/27, 12pm

Important Safety Protocols for In-Person Programs:

- The wearing of masks in the DeCorso Center is no longer required. Social distancing is still recommended. We encourage everyone to stay up to date with vaccinations.
- The Department of Health encourages residents to make individual decisions within the guidelines in place. Masks are strongly recommended for individuals who are immunocompromised or who have immunocompromised individuals living at home with them, and for activities when seniors may not be socially distanced.
- If you are not feeling well, we ask that you please do not attend our in-person programs. Thank you.

Please note the following schedule updates:

- **The Center will be closed on Monday, July 3 and Tuesday, July 4** for the Independence Day holiday. There will be no programs. **Exercise classes on Monday, July 3 will be via Zoom only.**
- There will be **NO bus trip to ShopRite on Tuesday, July 4** (Independence Day). Please join Mike on Thursday, July 6 for the trip to Blue Star, where there is also a ShopRite store.
- **Zumba classes will be held on Wednesdays from 9:00-10:00am in July** instead of on Fridays. Classes will be held July 5, 12, 19, 26 from 9-10am
- **Mah Jongg will meet on Thursdays at 12:00pm** going forward.
- **The Center will be closed on Friday, July 21.** There will be **NO Bingo** that day. **We will have Bingo on Monday, July 24 at 12:30pm instead.**
- Borough Offices will close at 1:00pm on Fridays through September 1st for "summer hours."
- Please check the calendar for updates on specific activities.

NP Senior Citizens Club

An organization dedicated to providing social & enriching activities & events for New Providence residents 55 years and beyond.

Trustees

Chair: Bill Wehrle

Secretary: Bette Schmitt

Trustees: Bert Abbazia, Peggy Brodeur, Barbara Koslap, Sal Ligammary, Nina Pardi, Grace Parlapiano

Club Officers

President: Christine Napolitano

Vice President: Bill Wehrle

Treasurer: Sal Ligammary

1st Treasurer: Dolores Felezzola

Sergeants-at-Arms: Mike Ferlise

Newsletter Editor: Barbara Koslap

DeCorso Community Center

15 East Fourth St.

New Providence, NJ 07974

908-665-0046

www.newprov.org/seniors

www.facebook.com/NPSeniors

Hours

Monday-Friday: 9:30am-2:30pm

Center Coordinator

Michelle Zack

Program Coordinator

Position to be filled

Public Health Nurse

Jenn Aranda, 908-743-1049

Bus Service

Bus transportation is available to Shop Rite on Tuesday mornings, to shopping malls as scheduled, and to several Club activities. Call in advance to reserve your ride.

CLUB MEETINGS & SPECIAL PROGRAMS**NPSC CLUB MEETING/BIRTHDAYS & July 4 Trivia**

Wednesday, July 5 at 11:00am

Join Club friends for an enjoyable meeting including the celebration of July birthdays and Independence Day, featuring July 4-themed trivia. Have fun, test your knowledge of patriotic trivia, and learn some little-known facts about the holiday and America itself.*

NPSC CLUB MEETING & NP Library Services and Programs for Seniors

Wednesday, July 12 at 11:00am

Ellen Malosh, Adult Services Librarian at the New Providence Memorial Library, will share library services and programs for seniors. She'll also show you what the library was like in the past and what's next. Be ready to answer some fun trivia questions!*

NPSC CLUB MEETING & Nish Verma Travel Presentation on Italy

Wednesday, July 19 at 11:00am

Join our local Travel Advisor, Nish Verma, to explore Senior travel to Italy. He will share the best places to visit, some fun facts, and important travel tips and inspirations. He will also be happy to answer other travel-related questions for seniors. *

NPSC CLUB MEETING & Special Bingo & Pizza Lunch Provided by Unicity

Wednesday, July 26 at 11:00am

Join us for a club meeting and enjoy "Special Bingo" with extra prizes. **Unicity Healthcare** will be calling Bingo and will provide a pizza lunch for bingo participants to enjoy. RSVPs are not required but are appreciated for planning purposes.*

[*For bus transportation, call \(908\) 665-0046 or email decorsocenter@newprov.us two days in advance.](#)

EVENTS**♪ ICE CREAM SOCIAL ♪ featuring Zita's Ice Cream & a Sing Along compliments of Elefante Music**

Thursday, July 27 at 12:00pm

Join in the fun as we celebrate National Ice Cream month. There will be yummy homemade ice cream (regular and sugar-free) and toppings from Zita's Homemade Ice Cream. We will also have a Sing Along with voice teacher Stefanie Santoro compliments of Elefante Music. Cost is \$5. Tickets go on sale July 5! Buy your ticket by Thursday, July 20.

[For bus transportation, call \(908\) 665-0046 or email decorsocenter@newprov.us two days in advance.](#)

TRIPS**SOMERSET PATRIOTS BASEBALL GAME**

The trip to the Patriots baseball game will take place on **Friday, July 7. TICKETS MUST HAVE ALREADY BEEN PURCHASED.** The bus will leave the Center at 6:00pm.

→ AIRPORT CAFÉ →

Thursday, July 13, 12:00pm

We are returning to the Airport Café to enjoy delicious food and delightful friends while watching planes take off and land. Seniors who took the last trip to the Airport Café said the food is REALLY good. Cost: \$2 plus cost of lunch. Tickets on sale now! Rain date Thursday, July 20.

If you have any ideas for trips, join us on the Activities Committee and help us to make them possible.

PLANTERS/HERBS

Herbs are growing in the DeCorso Center flower boxes. There is a tag on each one to identify what it is. Coming soon is a description of each herb, its potential benefits, and how to use it. Gardening scissors and small bags will be left in the DeCorso Center so you can snip the herbs and take them home to enjoy. Please contact Jennifer Aranda, the public health nurse, with questions at 908-743-1049 or jaranda@newprov.us

ARTS & CRAFTS**CARD MAKING**

Wednesday, July 19, 12:00pm

Stay after the NPSC Club meeting and join Linda Kale and other New Providence Lions Club members to create beautiful hand-made thinking of you, get well, and other cards for your family or friends. Since the Club meeting presentation will be about travel to Italy, Linda will also have some Italian-themed materials to make cards with! Get in touch with the artist in you to personalize your cards. This class is for men and for women. Please email decorsocenter@newprov.us or call the Center at (908) 665-0046 by Monday, July 17 to register or request bus transportation.

KNITTING CLUB

Thursdays at 1:00pm

Bring your own project and enjoy the conversation on Thursdays at 1:00pm. Also welcome are non-knitters or crocheters who want to learn (we have some supplies at the Center).

CARDS & GAMES**BINGO**

Special Bingo – Join us for bingo with special prizes on **Wednesday, July 26, after the 11:00am Club meeting**. Unicity Healthcare will be calling Bingo and will provide a pizza lunch for bingo participants to enjoy.

Friday Bingo – Join us for weekly bingo Fridays at 11:00am. **There will be no bingo on Friday, July 21. Instead, there will be bingo on Monday, July 24 at 12:30pm.**

Bingo cards are 50 cents each. For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us two days in advance.

BRIDGE

Mondays at 11:00am

Come play “social bridge” and enjoy the company of Club friends in the Card Room! All levels are welcome. **There will be NO Bridge on Monday, July 3.**

MAH JONGG

Thursdays at 12:00pm

Join Club friends for a fun afternoon in the Card Room! Play Mah Jongg on Thursdays beginning at 12:00pm.

SENIOR BUS TO BLUE STAR

Mike will drive the Senior Bus to Blue Star Shopping Center on **Thursday, July 6**. Pickups begin at 9:00am. E-mail decorsocenter@newprov.us or call (908) 665-0046 by WEDNESDAY, July 5 by 11:00am to reserve your spot.

HEALTH & FITNESS

NURSE'S HOURS – The New Providence Public Health Nurse, Jenn Aranda, will be at the DeCorso Center before the Club meeting on **Wednesday, July 12, beginning at 10:00a.m.** to give blood pressure screenings and to answer questions. For bus transportation, call (908) 665-0046 or e-mail decorsocenter@newprov.us two days in advance.

EXERCISE CLASSES

All DeCorso Center exercise classes are free to New Providence residents ages 65+. Please ask your doctor which classes would be appropriate for you and contact the Center to register. Our class schedule is as follows:

- **In Control** – Mondays at 9:30am - Zoom only.
- **Chair Yoga** – Mondays at 11:00am – In Person and on Zoom. **Zoom only on July 3.**
- **Balance and Conditioning** – Tuesdays at 9:45am – In Person and on Zoom. **No class on July 4.**
- **Strong You** – Thursdays at 9:30am – In Person and on Zoom.
- **Tai Chi** – Thursdays at 1:00pm - Zoom only.
- **Zumba** – Fridays at 9:00am – Zoom only. **Classes will be held on Wednesdays from 9:00-10:00am during July instead of on Fridays.**

ATLANTIC HEALTH VIRTUAL PROGRAMS**The ABC's of Diabetes: Prevention and Management – July 11, 12:00pm – 1:00pm***

Diabetes is a common condition that can seriously impact your quality of life, but just knowing the signs and symptoms can help you manage and prevent complications. Learn how diabetes impacts a person and what actions you can take to protect yourself.

Skin Nourishing Foods – July 14, 11:00am - 12:00pm*

Beautiful and healthy skin begins from the inside out! Learn what foods nourish our skin and how we can keep it protected, strong, and healthy.

Email decorsocenter@newprov.us to register and receive the Zoom link.

ITALIAN CLASS

Patrizia Gerace is the new Italian class instructor. Patrizia comes from Italy, has taught Italian to all ages and levels, and is currently an Italian instructor at Seton Hall University. She believes that learning a language should be fun and engaging, focusing more on practical usage rather than more academic approaches.

During July, the Advanced class will meet on Tuesday, July 11 and Tuesday, July 18 at 12:00pm. The Beginner Italian class will meet on Tuesday, July 11 at 1:00pm. New students are welcome! **There will be no classes from July 19 through September 11.**

DONATIONS APPRECIATED

We are collecting items to include in care packages for homebound New Providence seniors. The following NEW items would be appreciated: soap, shampoo, lotion, hot chocolate packets or small packages of coffee, gloves or scarves, puzzle books, pens, socks, small crafts, puzzles, pre-packaged cookies or snacks, journals/notebooks, and decks of cards. Please leave items in the collection bin in the DeCorso Center lobby. All donations are appreciated! If you have any questions, or know someone who would benefit from a package, please call the Public Health Nurse Jennifer Aranda at (908) 743-1049.

There is also a separate collection bin in the lobby to donate eyeglasses. Donated glasses will be brought to the Lions Club collection site to share the gift of sight.

THANK YOU NOTES

- Linda Kale and NP Lions for the Card Making Craft.
- The New Providence Public Health Nurse, Jenn Aranda, for planting flowers and herbs outside the Center for seniors to enjoy.
- The NPHS Jazz Band and the Elementary Select Orchestra for entertaining us with great music.
- Bert Abbazia for his talk about the history of the NP Pool.
- Peggy Brodeur for organizing the trip to the Wolf Preserve.
- A big thank you to the New Providence Lions Club for their generous donation.
- Joanne McAneny and Bacci Brick Oven and Italian Grill for providing the pizza for Leo's farewell.

APHORISMS

Aphorism: A short, pointed sentence that expresses a wise or clever observation or a general thought...

- If you don't have a sense of humor you probably don't have any sense at all.
- Seat belts are not as confining as wheelchairs.

Thank you Diane Melinis!

AROUND TOWN

Fireworks & Community Celebration – Grab some dinner in town and stay for the fun! Live music, fireworks, sidewalk chalk, and giveaways. Fireworks will be launched once dark, after 9pm. Best viewing will be along South Street. **Monday, July 3rd.**

Summer Concerts – Free concerts at Centennial Park with free hot dogs from Prestige Diner served by the NP Lions Club and free ice cream from Zita's.

Thursday, July 13, 7pm – 1910 Fruitgum Company*

Thursday, July 20, 7pm – Kinderhook*

Thursday, July 27, 7pm – Asbury Fever

*For bus transportation to the July 13 and/or July 20 concerts, email decorsocenter@newprov.us or call (908) 665-0046 two days in advance.

NEW PROVIDENCE MEMORIAL LIBRARY (NPML)

Adult Summer Reading has begun. Read for the chance to win gift cards to local businesses and a Kindle paperwhite.

Knit/Crochet Night – Mon, Jul 3 & Thurs, Jul 20, 7:00pm

Creative Writing – Thurs, Jul 6, 13, 20, 27, 10:30am*

Books & Bagels – Tues, Jul 11, 10:30am

Batter Up: Let's Talk Baseball – Mon, Jul 10, 7:00pm*

Monthly Movie "Women Talking" – Tues, Jul 11, 1:00pm

Bagpipes with Ian Rankine – Sat, Jul 15, 3:00pm

Cookbook Club – Tues, Jul 25, 1:00pm*

"250 Years of Flight: From Horse & Buggy to Moon Buggy" – Tues, Jul 25, 7:00pm. Attend in person or via Zoom.*

See library website for additional programming.

*Email rsvp@newprovidencelibrary.org to register.

NEW PROVIDENCE SENIOR CITIZENS CLUB July 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2	3 9:30 In Control ¹ 11:00 Chair Yoga ² (Zoom only) Center Closed	4 <i>Independence Day</i> 8:00 <u>NO</u> Bus to ShopRite Center Closed – No programs or exercise classes.	5 9:00 Zumba ¹ 11:00 Club Meeting/ Birthdays & July 4 Trivia ^{***}	6 9:00 Bus to Blue Star ^{**} 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	7 9:00 <u>NO</u> Zumba ¹ 11:00 Bingo ^{***} 6:00pm Patriots Baseball Trip ³	8
	9 10 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	11 8:00 Bus to ShopRite [*] 9:45 Balance & Cond. ² 10:00 Activities Mtg. 12:00 "ABC's of Diabetes" ¹ 12:00 Advanced Italian 1:00 Beginner Italian	12 9:00 Zumba ¹ 10:00 Nurse's Hours ^{***} 11:00 Club Meeting & NP Library Services and Programs for Seniors ^{***}	13 9:30 Strong You! ² 12:00 Airport Café Trip ³ 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	14 9:00 <u>NO</u> Zumba ¹ 11:00 Bingo ^{***} 11:00 "Skin Nourishing Foods ¹	15
16	17 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	18 8:00 Bus to ShopRite [*] 9:45 Balance & Cond. ² 12:00 Advanced Italian	19 9:00 Zumba ¹ 11:00 Club Meeting & Nish Verma Travel Presentation on Italy ^{***} 12:00 Card Making ^{4***}	20 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹ <i>Rain Date for Airport Trip</i>	21 Center Closed – No programs or exercise classes.	22
23	24 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge 12:30 Bingo ^{***}	25 8:00 Bus to ShopRite [*] 9:45 Balance & Cond. ²	26 9:00 Zumba ¹ 11:00 Club Meeting & Special Bingo & Pizza Lunch provided by Unicity Healthcare ^{***}	27 9:30 Strong You! ² 12:00 Ice Cream Social ^{3***} 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	28 9:00 <u>NO</u> Zumba ¹ 11:00 Bingo ^{***}	29
30	31 9:30 In Control ¹ 11:00 Chair Yoga ² 11:00 Bridge	Aug 1 8:00 Bus to ShopRite [*] 9:45 Balance & Cond. ²	Aug 2 11:00 Club Meeting & Birthdays & TBA ^{***}	Aug 3 9:30 Strong You! ² 12:00 Mah Jongg 1:00 Knitting Club 1:00 Tai Chi ¹	Aug 4 9:00 Zumba ¹ 11:00 Bingo ^{***}	Aug 5

¹Virtual class via Zoom. Pre-registration required.

²Hybrid class offered both in person at the Center and on Zoom. Pre-registration required.

³Purchase ticket in advance.

⁴Register in advance.

Note: Masks are recommended for any activity when social distancing is not possible.

BUS TRANSPORTATION

* Call MONDAY MORNINGS to reserve your spot.

** Call 2 days in advance to reserve your spot.

*** Call 2 days in advance to reserve your ride.